



July

Southside Lions Senior Center
3303 Pecan Valley San Antonio, TX. 78210 210-207-1760
Monday to Friday : 7:00am —4:00pm

Monday	Tuesday	Wednesday	Thursday	Friday
<div>Meals served daily at 11:00 AM</div> <div>Chair Volleyball played daily from 12:00PM to 12:50 PM</div>				<div>1</div> <div>9am: Low Impact Bootcamp</div> <div>10am: Seniors In Play</div> <div>10am: July 4th Celebration</div> <div></div> <div>12pm: </div>
<div>4</div> <div>Center Closed for Independence Day</div> <div></div>	<div>5</div> <div>9am:Chair Rise & Thrive</div> <div>9:30am:Beginning Painting</div> <div>10:15am: Zumba</div> <div>1:00pm: BINGO</div> <div>1:30pm:Low Impact Cardio</div>	<div>6</div> <div>8:30am: Gentle Yoga</div> <div>9am:Beginning Drawing</div> <div>9am: Orientation</div> <div>10:00 am: “Diabetes Survival Skills” Presented by WellMed</div> <div>1pm: Muscle Strength</div>	<div>7</div> <div>8:30am: Walking Group (Intermediate— 2 Miles)</div> <div>9am:Intro to Computers</div> <div>9:30 am: Volunteer Training</div> <div>10:15am: Tai Chi</div> <div>1pm: Strength & Toning</div> <div>1pm:Shopping Online</div> <div>1:00pm: BINGO</div>	<div>8</div> <div>9am: Low Impact Bootcamp</div> <div>10am: Seniors In Play</div> <div>1pm: Full Body Stretch</div> <div>1pm: Loteria</div> <div></div>
<div>11</div> <div>8:30am: Walking Group (Beginner—1 Mile)</div> <div>9am:YouTube</div> <div>9:30am: Hula Dance</div> <div>1pm: Balance</div>	<div>12</div> <div>9am:Chair Rise & Thrive</div> <div>9:30am:Beginning Painting</div> <div>10:00 am “Services of San Antonio Food Bank ” Presented by Oasis</div> <div>10:15am: Zumba</div> <div>1:00pm:BINGO</div> <div>1:30pm:Low Impact Cardio</div>	<div>13</div> <div>8:30am: Gentle Yoga</div> <div>9am: Beginning Drawing</div> <div>12:00 pm: “Proper Medication Handling” Presented by the Nurse</div> <div>1pm: Muscle Strength</div>	<div>14</div> <div>8:30am: Walking Group (Intermediate— 2 Miles)</div> <div>9am:iPhone Basics</div> <div>10:15am: Tai Chi</div> <div>1pm: Strength & Toning</div> <div>1pm: Google Calendar</div> <div>1:00pm:BINGO</div>	<div>15</div> <div>9am: Low Impact Bootcamp</div> <div>10am: Seniors In Play</div> <div>1pm: Full Body Stretch</div> <div>1pm: Karaoke</div> <div></div>
<div>18</div> <div>8:30am: Walking Group (Beginner—1 Mile)</div> <div>9am:Intro to Computers</div> <div>9:30am: Hula Dance</div> <div>1pm: Balance</div>	<div>19</div> <div>9am:Chair Rise & Thrive</div> <div>9:30am:Beginning Painting</div> <div>10:15am: Zumba</div> <div>10:30am: Nutrition Education “Fiber”</div> <div>1pm: BINGO</div> <div>1:30pm:Low Impact Cardio</div>	<div>20</div> <div>8:30am: Gentle Yoga</div> <div>9am:Beginning Drawing</div> <div>9am: Orientation</div> <div>12pm: HOPE PROGRAM</div> <div></div> <div>1pm: Muscle Strength</div>	<div>21</div> <div>8:30am: Walking Group (Intermediate— 2 Miles)</div> <div>9am:iPhone Basics</div> <div>10:15am: Tai Chi</div> <div>1pm: Strength & Toning</div> <div>1pm:Google Calendar</div> <div>1:00pm:BINGO</div>	<div>22</div> <div>9am: Low Impact Bootcamp</div> <div>10am: Seniors In Play</div> <div>1pm: Full Body Stretch</div> <div>1pm: Shopping Trip</div> <div></div>
<div>25</div> <div>8:30am—3pm Mobile Mammograms</div> <div>8:30am: Walking Group (Beginner—1 Mile)</div> <div>9am:Intro to Computers</div> <div>9:30am: Hula Dance</div> <div>1pm: Balance</div> <div>2pm: Singing Bowl Meditation Class with Gladys</div>	<div>26</div> <div>9am:Chair Rise & Thrive</div> <div>9:30am:Beginning Painting</div> <div>10:15am: Zumba</div> <div>1pm: BINGO</div> <div>1:30pm:Low Impact Cardio</div>	<div>27</div> <div>8:30am: Gentle Yoga</div> <div>9am: Beginning Drawing</div> <div>12pm: CSFP PROGRAM</div> <div></div> <div>1pm: Muscle Strength</div>	<div>28</div> <div>8:30am: Walking Group (Intermediate— 2 Miles)</div> <div>9am:iPhone Basics</div> <div>10:15am: Tai Chi</div> <div>1pm: Strength & Toning</div> <div>1pm:Google Calendar</div> <div>1:00pm:BINGO</div>	<div>29</div> <div>9am: Low Impact Bootcamp</div> <div>10am: Seniors In Play</div> <div>12pm: July Birthdays Celebration</div> <div>1pm: Full Body Stretch</div> <div>1pm: Loteria</div> <div></div>

Center Announcements



Our own Janie and Juan receive honors! On May 27th, Juan Martinez received the Joint Commission on Elderly Affairs' Community Service Award. Juan was honored for his volunteerism at the Southside Lions Senior Center. He is at the center every day helping with meal distribution, making coffee, food bank program commodities distribution and much more.

Janie Ramirez was awarded the Unsung Hero award on June 10th at the Alamo Area Council of Governments. Janie was recognized for her work in the community, especially at the Southside Lions Senior Center where she is a volunteer. Janie helps with orientation of new members, helps with meal distribution, and provides information about the center to members of the community, including at her Home Owners Association meetings.

We are very proud of Janie and Juan

Advisory Committee Applications:

- ◆ The center is now accepting applications for the Southside Lions Members Advisory Committee.
- ◆ As an advisory committee member, you will attend monthly meetings, share your opinions and recommendations on center programming and activities to further make the center an awesome place for all.
- ◆ 15 positions to be filled
- ◆ See center manager for information and application
- ◆ Deadline to apply is Friday, July 15th

Volunteer Training:


- ◆ Required training for all center volunteers on Thursday, July 7th at 9:30am.
- ◆ Learn new processes and procedure, reporting hours, assignment logs etc.

Update on Classes/Program

- ♦ Full Body Stretch on Fridays at 1pm (**New**)
- ♦ **Singing Bowl Meditation**—Monday, July 25th at 2pm (**One time class**)
- ♦ **Shopping Trip** on Friday, July 15th at 1pm
- ♦ **Karaoke** on the third Friday of the month at 1pm
- * **Dance Alegria** will return in September

Important Dates:

- ◆ Come dressed in Red, White, and Blue on Friday, July 1st for our Independence Day Celebration- 10am (promptly) to 11am
- ◆ Center Closed on Monday, July 4th for Independence Day
- ◆ Wednesday, July 6th—Join WellMed for a **“Diabetes Survival Skills”** Presentation
- ◆ Tuesday, July 12th—Join OASIS for **“Services of San Antonio Food Bank ”** Presentation
- ◆ Wednesday, July 13th—Join the nurse for **“Proper Medication Handling”** Presentation
- ◆ Tuesday, July 19th—Join the Center Nutrition Specialist for a nutrition education session on **“Fiber”**
- ◆ Monday, July 25th—**Mobile Mammogram Screening** by University Health Systems - Register for screening at the front desk.
- ◆ **Hope Program** is Wednesday, July 20th at 12:00 PM
- ◆ **CSFP** is Wednesday, July 27nd at 12:00 PM



CITY OF SAN ANTONIO

DEPARTMENT OF HUMAN SERVICES

AACOG

Alamo Area Council of Governments

July 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				7/11/2022 Mini Turkey Corn Dogs [20] Confetti Pasta Salad [23] Seasoned Zucchini [3] ♥ Chocolate Chip Cookie [17] ♥ Yogurt [16] ♥ 2% Milk [12] ♥ 695 calories
<i>Orange Juice: 107 kcal, 26 CHO, 2 g protein</i> 7/4/2022 4th of July - HEAL Holiday Green Chili Chicken Enchiladas [23] Cilantro Rice [12] ♥ Nopalitos [0] ♥ Dinner Roll [22] Crisp Apple Slices [19] ♥ Yogurt [16] ♥ 2% Milk [12] ♥ 710 calories	7/5/2022 Crispy Steak Fingers [20] Fortified Mashed Potatoes [21] ♥ Buttered Broccoli [7] ♥ Dinner Roll [22] 2% Milk [12] ♥ 730 calories	7/6/2022 Cheddar Cheese Omelet [3] Grilled Zucchini and Tomatoes [3] ♥ Parsley Diced Potatoes [18] ♥ Yogurt [16] ♥ Fresh Apple [22] ♥ 2% Milk [12] ♥ 665 calories	7/7/2022 Country Fried Chicken w/ Gravy [2] Crisp Buttered Green Beans [3] Fortified Mashed Potatoes [21] ♥ Mozzarella String Cheese [2] Fresh Orange [18] ♥ 2% Milk [12] ♥ 680 calories	7/8/2022 Grilled Chicken Teriyaki [4] Gingered Rice [27] Parslied Carrots [7] ♥ Strawberry Cereal Bar[17] ♥ 2% Milk [12] ♥ 670 calories
7/11/2022 Grilled Turkey Sausage Links [3] Rosemary Roasted Potatoes [24] Squash & Carrots Medley[8] ♥ Dinner Roll [22] Raisins [39] ♥ 2% Milk [12] ♥ 720 calories	7/12/2022 Glazed Ketchup Meatloaf [0] ♥ Cilantro Rice [12] ♥ Seasoned Cabbage [8] ♥ Hawaiian Roll [42] Fresh Banana [17] ♥ 2% Milk [12] ♥ 760 calories	7/13/2022 Guillermo's Beef Tamales [21] Spanish Rice [11] ♥ Refried Beans [28] Fresh Apple [29] ♥ Yogurt [16] ♥ 2% Milk [12] ♥ 770 calories	7/14/2022 Chicken A La King [12] Herb Marinated Squash [5] ♥ Asparagus Tips & Red Bell Peppers [4] ♥ Fresh Orange [17] ♥ Dinner Roll [22] Craisins [32] ♥ 2% Milk [12] ♥ 710 calories	7/15/2022 QUARTERLY TRAINING - HEAL Holiday Cheese Ravioli w/ Marinara Meat Sauce [31] Roasted Parmesan Brussel Sprouts [12] Peaches and Oats [25] ♥ Yogurt [16] ♥ Sliced Bread [14] ♥ 2% Milk [12] ♥ 830 calories
7/18/2022 Chicken Alfredo Casserette [11] Diced Rosemary Potatoes [24] Buttered Green Beans [6] ♥ Dinner Roll [22] 2% Milk [12] ♥ 640 calories	7/19/2022 Loaded Chili Potato Skins [41] Seasoned Cabbage [8] ♥ Sweet Roasted Corn [23] ♥ Fresh Apple [29] ♥ 2% Milk [12] ♥ 700 calories	7/20/2022 Mesquite Smoked Chicken [0] Garlic Buttered Spinach [4] ♥ Fluffed Rice[25] ♥ Dinner Roll [22] Fresh Orange [17] ♥ 2% Milk [12] ♥ 605 calories	7/21/2022 Baked Beef Cavatappi [18] ♥ Fortified Mashed Potatoes [22] ♥ Broccoli & Cauliflower [5] ♥ Dinner Roll [22] Fresh Banana [17] ♥ 2% Milk [12] ♥ 660 calories	7/22/2022 Cheese Enchiladas w/ Red Chili Sauce [14] Roasted Vegetable Corn Blend [18] ♥ Black Beans & Buttered Squash [20] Yogurt [16] ♥ 2% Milk [12] ♥ 660 calories
7/25/2022 Picadillo [10] Spanish Rice [11] ♥ Refried Beans [28] Applesauce [18] ♥ 2% Milk [12] ♥ 600 calories	7/26/2022 Creamy Pesto Chicken [1] * Herb Mediterranean Orzo [30] Broccoli Florets [5] ♥ Dinner Roll [22] Fresh Apple [29] ♥ 2% Milk [12] ♥ 770 calories	7/27/2022 Savory Salisbury Steak with Gravy [9] Fortified Mashed Potatoes [22] ♥ Parslied Coin Carrots [11] ♥ Fresh Banana [17] ♥ 2% Milk [12] ♥ 610 calories	7/28/2022 Arroz con Pollo [12] Garlic Rosemary Diced Potatoes [24] Spanish Green Beans [16] Goldfish Graham Crackers [22] Fresh Orange [17] ♥ 2% Milk [12] ♥ 700 calories	7/29/2022 Manicotti w/ Meat Sauce [44] Buttered Brussel Sprouts [12] ♥ Garlic Bread [8] ♥ Yogurt [19] ♥ 2% Milk [12] ♥ 760 calories

Legend
Comments

For more information call 210-207-7172. **Menu subject to availability and change without notice.**

WG= Whole-Grain, [grams of carbs]; ♥ = less 140mg sodium/serving; * = contains nuts

Diabetic-friendly meals: the recommended carbs servings per meal are 45-60g carbs per meal. To assist you in making the best choices for yourself we have included the grams of carbs per item in brackets next to the item. Make the right choices for you, you can do this!

Calendar is subject to change